

August 8, 2003

Friendship Public Charter School  
A. Jerry Haley, Jr., Administrative Manager  
619 D Street, SE  
Washington, DC 20003

Dear Mr. Haley:

We want to thank you and your staff for the effort and cooperation provided to gather the necessary information to complete the nutritional analysis of your school menu. The purpose of this School Meal Initiative (SMI) review is to measure the progress you have made in providing healthy meals that meet the USDA nutrition goals for the School Breakfast and National School Lunch Programs (7 CFR 210.10).

The SMI review includes checking for compliance with the meal pattern; completeness of production records; and a detailed computerized nutrient analysis of the meals you serve. It is expected that the nutrient content of your menus averaged over the course of a week be in compliance with the nutrient standards USDA has established. The assessment was made for the Traditional Meal Pattern with the nutrient standards established for grades K through 6.

Key highlights from your review:

- The meal pattern requirements for portion sizes and components are being met both daily and weekly.

Based on the documentation you provided, the analysis for the week of review indicates your menus are elevated in total and saturated fat, and low in Vitamin C. The attached nutrition profile shows you the results of the menu analysis, and a comparison of the nutritional analysis with the USDA nutrition standards. The USDA regulations do not have specific standards for cholesterol, fiber, or sodium, but do require that over time cholesterol and sodium are lowered and fiber is increased. Future SMI reviews of your menus will evaluate these three nutrients.

The following Plan of Action reports on the observations of the review and provides recommendations for modifications to enhance your record keeping, to improve the nutrition profile of your menus, and to ensure regulatory compliance.

| <p align="center"><b>Plan of Action</b><br/><b>Meal Pattern and Nutrition Standards Compliance</b></p>  |  |
|---|--|
| <b>Observations/Finding</b>   | <b>Recommendations</b>   |
| <p>Production Records accurately completed not available during on-site visit. It is a requirement of the federal regulations (7CFR 210.10 (a)(3)) to maintain complete production records.</p>   | <ul style="list-style-type: none"> <li>♦ Production records with planned numbers for each item, including milk and condiment varieties, should be accessible <u>before</u> each meal service. The planned number reflects an estimate of how much of each menu item is expected to be taken – if only 50 students out of 100 are expected to take mayonnaise for a sandwich, then that is the planned number that should be recorded.</li> <li>♦ Served numbers and leftover numbers need to be recorded at the end of meal service to ensure accuracy.</li> <li>♦ Printed menus must also be maintained.</li> </ul> |
| <p><b>Total Fat (TF):</b><br/>The combined analysis of breakfast and lunch shows TF at 32.36%, which is above the target value of 30%</p> <p><b>Saturated Fat (SF):</b><br/>The combined analysis of breakfast and lunch showed SF at 11.83%, which is above the target value of 10%.</p> | <ul style="list-style-type: none"> <li>▪ Serve lower fat turkey or chicken hot dogs.</li> <li>▪ Serve tater tots, and any other high fat vegetable items, less frequently, i.e. only once a week.</li> <li>▪ Serve low fat side items on days with higher fat entrée items, such as vegetable sticks or corn cobettes on hamburger days.</li> <li>▪ Offer 1% white and chocolate milks.</li> <li>▪ Choose a wider variety of grains/bread items that are lower in total fat than the one you currently serve.</li> </ul>   |
| <p><b>Vitamin C:</b> The combined analysis of breakfast and lunch showed Vitamin C to be at 13.04 mg, which is only 91% of the standard of 14.41mg.</p>   | <p>Offer foods that are high in Vitamin C more frequently on your lunch menu. These include broccoli, cauliflower, bell peppers, oranges, pineapple, tomatoes, and potatoes. Serve juices high in Vit. C, such as orange and orange pineapple, more frequently.</p>  |
| <p>Only one type of milk served at lunch. Federal regulations (7CFR 210.10 (m) (1) requires a variety of milk be served.</p>  | <p>Serve an assortment of 1% white milk, 1% chocolate milk, or nonfat milk at lunch.</p>   |

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These types of changes will help you meet the nutrition standards with all your menu planning efforts. Review the enclosed handout *Tips on Menu Modifications for Healthy School Meals* for further menu planning information. If you have any questions regarding your SMI review, please contact the State Education Office at 727-6436, or Linda Rider or Nicole Carmichael at CN Resource, 1-888-546-3273.

Sincerely,

Dr. Cynthia Bell  
State Director

cc: Sherman Wiggins, Operations Manager